



## Zink Integrative Sports Medicine

M. Christine Zink DVM, PhD, DACVSMR, CVSMT CAC

*Integrating healing, wellness and targeted training  
to help canine athletes achieve peak performance*

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### **Sports Retraining Consults with Chris Zink – How They Work**

Regardless of your dog's sport, Chris will help you move your dog from the stage of basic rehabilitation to being competition-ready. She competes in a wide variety of athletic training techniques having obtained over 80 titles in agility, obedience, conformation, tracking, hunt tests and rally on dogs from the sporting, hound, working, terrier, and herding groups. She will develop a comprehensive fitness and training plan that will get your dog sports-ready while also avoiding re-injury or development of new injuries. Chris will provide you with information on strength conditioning, endurance conditioning, body awareness exercises, appropriate warm-ups and cool-downs and how to progressively retrain your dog's sports skills to get back to competition. You will receive a complete written report detailing your dog's comprehensive conditioning and sports retraining plan.

These consults can be done in person or via video and telephone. For the latter, you will fill out a questionnaire and make videos of your dog according to Chris's instructions. After Chris has reviewed the materials, she will schedule a telephone consult, which usually takes approximately an hour. During that time she will discuss your dog's structure and gait and what potential injuries or re-injuries your dog might be at risk for. She will provide you with a specific program to move your dog back into training and competition. The fee for the consult is \$250. This also includes follow-ups about your dog's problem in the future, if you hit a snag or have questions.

If you have any questions or wish to schedule an appointment, please email at the address below.

### **About Chris Zink:**

M. Christine (Chris) Zink DVM, PhD, DACVSMR, CVSMT, CAC provides integrative veterinary medicine services for canine athletes and working dogs. She fully understands the kinds of training required to get athletes back to full performance, having obtained over 80 titles in agility, obedience, conformation, tracking, hunt tests and rally on dogs from the sporting, hound, working, terrier, and herding groups.

Dr. Zink played a major role in establishing the new specialty of veterinary sports medicine and rehabilitation and is on the Board of Directors of the American College of Veterinary Sports Medicine and Rehabilitation and a member of the Credentialing and Residency Committee, which is developing criteria for training veterinarians in this specialty. Dr. Zink teaches veterinarians, physical therapists, veterinary technicians and competitors become familiar with the medical, surgical, exercise and rehabilitation needs of canine athletes.

She is the award-winning author of four books and a DVD on the canine athlete and co-edited the first-ever textbook on canine sports medicine and rehabilitation. Her publications have received numerous national and international awards and accolades. She was voted Outstanding Woman Veterinarian of the Year in 2009.

